

of the whole system. Sluggishness of the high
and grosser of the mind are succeeded by the
inferior activity of the physical and mental func-
tions. Indigestion be-
comes common, the
a great blessing
of a reliable medicine
one need not long
see it with a hand.

Hot, spicy, a little medicinal, but healthy, low calorie and nutritious, it is one of the best things you can eat for your heart. The Chinese should be eating it all the time. It is a good source of protein, fiber, and vitamins. It is also a good source of iron, which is important for the blood. The Chinese use it in many ways, but the most common is in the form of a soup. The soup is made with the leaves, stems, and roots of the plant. It is usually served with a small amount of oil and a dash of soy sauce. The Chinese also use it in stir-fries, soups, and as a garnish. It is a very versatile vegetable.